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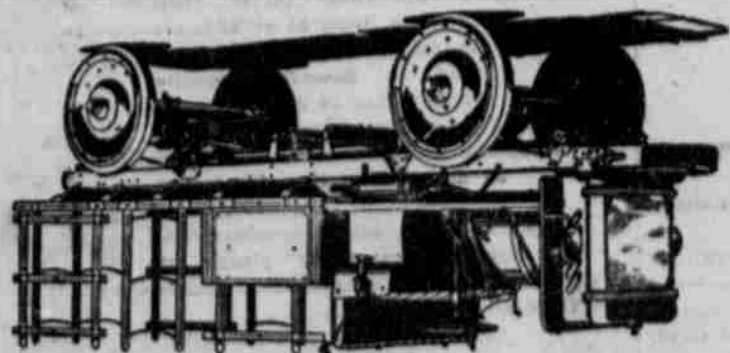
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E. C. PROPST, Agent

MALHEUR AND HARNEY COUNTIES IN OREGON
PAYETTE COUNTY, IDAHO

Salesroom, Old Golden Rule Building, Ontario, Oregon

Training the Little Children

Issued by the United States Bureau of Education, Washington, D. C., and the National Kindergarten Association, New York, N. Y.

(By Mrs. Bertha Emolin.)

From about the age of three and extending indefinitely through childhood years, there is no more valuable aid for the mother who desires to promote the well-being of her children than walks and talks. It is usually most difficult for the house-keeping mother to find sufficient leisure—or rather, uninterrupted leisure—to concentrate on work or play with her children. We are all only too familiar with the interruptions of the butcher, the baker, the telephone, the friendly neighbor, which breaks in repeatedly until one "gives up" in despair. But when you leave your home and its distractions behind you, you begin to realize that you have found a way in which you can say with Froebel, "Come, let us live with our children."

These walks and talks can be useful both to the city mother and the country mother, though it will be easily seen that the country mother has the advantage in this respect. The city mother will have to substitute, for the suggestions below, the city parks, the river or lake front, visits to the large factories, museums and historic points of interest. You can make the walks as long or as short as your leisure permits; you can plan them for every day or every other day morning or afternoon; and after a month's trial you will begin to realize their value for yourself as much as for the children. The blue sky and the great outdoors will take you away from the pet tines of the thousand and one trifles that continually intrude themselves upon your attention while you remain within four walls, and they will be equally uplifting in taking the little ones away—especially is this true in small towns—from the petty small talk that emanates from the porches and the front steps and passes along the sidewalks from house to house and from child to child.

It is well for you to decide upon your destination before you call the children with "Let's go to the pond today!"—or "This is a great day for the woods!" A playmate or two taken along occasionally (and frequently if you have but one child) will lend additional zest to the walks and will enlarge your opportunities for getting better acquainted with your own children in relation to their playmates.

In the case of very young children, places very near home will serve as well as the more distant goals which are usually more attractive to the other children. The pond or the stream under the bridge or the water front, the beach, or the rocky boulders that can be scaled, or the woods—seek them out in your vicinity. Try every road and see where it leads to. The adjoining town, if it be within two or three miles, makes a splendid objective point with older children, and a trolley ride will bring you back should time or fatigue make it necessary.

Try to forget all your grown-up dignity on these walks (especially if it be a country road and have as much fun and laughter as the children are ready for. Wear only stout shoes and "roughing" clothes. Sometimes permit the children to take skates, or a bicycle, or a velocipede, a hoop, or horse reins. All these will provide additional attractions when the children seem loath to leave their street play.

These walks will develop your children physically fully as much as any systematic exercises, and the variety of "stunts" that will be initiated along the road will astound you. In some of them you may join; others will teach you to have control of your nerves while the children develop strength and independence thereby. So far as the physical activities are concerned, you need suggest very little; the children will initiate as much as there are time and energy for. There will be walking forward and backward, sometimes with eyes shut, sometimes on stone walls and in ditches; there will be running, skipping, hopping, jumping from different heights, whistling and singing, games of "follow master," racing, stone-throwing and stick-throwing into ponds and trees, and tree-climbing.

That the "walks and talks" are a great mental stimulus is readily apparent, when one reflects for a moment upon the opportunities for asking and answering questions that seldom arise in the school room; the opportunities to observe public work that is going on away from one's

(Continued on page eight.)

EPISCOPAL MISSION.

Under the auspices of the local organization, the Rev. George B. Van Waters, D. D., of Portland, will hold a five days' mission in Ontario, beginning Tuesday, April 2, at 8 p. m. and concluding the following Sunday morning. The evening lectures will be upon the topics: "Science and Religion—Its Origin and Growth," "Evolution," "Comparative Religion," "Incarnation," "How the Religions of the World Can Be United in the

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